CLASSIC COMEBACK
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2011'S MURDERS
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MEET THE BOMB GIRLS
FACTORY WOMEN IN WWII {page 7}

LONDON metro®
Tuesday, January 3, 2012
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CAW workers set up picket line

Some Electro-Motive Diesel workers fear company's lockout is a step toward moving London jobs to a facility in Indiana Others consider the latest contract offer a 'union-busting' attempt by the locomotive maker

ANGELA MULLINS
@METRONEWS.CA

About 100 Canadian Auto Workers were walking a picket line outside Electro-Motive Diesel on Monday, blocking a van full of workers attempting to gain access to the plant.

Production at the Oxford Street East site was idled late Sunday after the company locked out about 420 Canadian Auto Workers following months of failed contract talks.

Mike Rossit, a CAW representative and an Electro-Motive employee, said picketers are in for the long haul.

"We wanted to come in and bargain in good faith and keep the lines of communication (with the company) open," Rossit said as people huddled around burn barrels and waved union flags.

The company issued a statement Sunday saying the union's "changing positions have created an environment of uncertainty that is not in the best interests of the company's employees, customers, suppliers and owners.

Electro-Motive Diesel

The company, which makes locomotives, is based in LaGrange, Ill., and has about 750 employees in London. It's a subsidiary of Progress Rail Services, an operating division of heavy-equipment giant Caterpillar.

"Therefore, (Electro-Motive Canada) is seeking the assurance of a prompt ratification of the company's last offer and has instituted a lockout at the London facility until a ratified contract is in place," the release continued. "Given the union has indicated its members are willing to work under those terms, we are hopeful of a speedy ratification allowing union members to return to work."

Contract negotiations, which started nearly a year ago, broke off for the last time Dec. 27, with union members standing firmly against a proposed 55 per cent cut in wages and benefits, Rossit said.

CAW voted in favour of strike action Friday — a day before the existing contract expired.

ANGELA MULLINS/METRO

▶ Locked out Electro-Motive workers stand near burn barrels Monday morning while walking a picket line outside the plant at 2021 Oxford St. E. The company locked out workers, many of them members of the Canadian Auto Workers Local 27, on Sunday. The move came after months of failed contract negotiations.

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1 news

Montreal's revamped Cosmodome offers visitors a chance to explore the universe at a fraction of the $35-million cost of being a space tourist. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Edmonton photographer Paul Burwell explains how he creates his detailed and radiantly lit images of snowflakes. Video at metronews.ca/video

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A greener way to trash the Christmas tree

Christmas tree recycling is available until Monday, Jan. 9.

You can drop off your tree at one of six depots:

South London: Amway (Exeter Road, by White Oak Road (west end of parking lot); Mitches Park (Upper Queens Avenue parking lot).

Central: St. Julien Works Yard (south end of St. Julien Street).

East: Stronach Park (Beckworth Avenue parking lot).

West: Springbank Park (west entrance parking lot by Boler Road).

North: Masonville Place (northwest parking lot, by Nash Jewellers).

After Jan. 9, Christmas trees and holiday greenery can be taken to a community EnviroDepot (see your waste reduction and conservation calendar or london.ca) or placed out at the curb with regular garbage. METRO

TORSTAR NEWS SERVICE/FILE

▶ Christmas tree recycling runs until next Monday.

Salt. Sprinkling

▶ Justin Link, with Parkside Landscaping, sprinkles salt along Richmond Row as snow squalls move through the city Monday. Link had shovelled and salted sidewalks near Victoria Park several times by Monday evening, making it his busiest day so far this winter.

ANGELA MULLINS/METRO

Temperatures to hover below zero

Environment Canada was forecasting snow squalls well into Tuesday morning, bringing up to 25 centimetres of snow in the London area. Temperatures are expected to stay well below the freezing mark Tuesday, with a high of -10 C, and an overnight low of -12 C.

Cooking up a deep clean

London men put old cleaning technology to new use on keyboards

Cellphones, TV remotes among things that could be cleaned: Creators

ANGELA MULLINS
@METRONEWS.CA

The next time you plop down to browse the web or type an email to your boss, consider this: Your computer keyboard may be one of the filthiest things you touch every day.

Attack it with antibacterial wipes, those highly pressurized cans of air or whatever else suits your cleaning fancy. The fact remains that killing all the gook that builds up over time is, well, "somewhere between difficult and quite impossible."

That's the way Mike Brock, president and CEO of Adept Chemical Technology, sums it up. But he and a five other Londoners are out to change that.

Dubbed the London Group of Six — or LG6 — the team of experts from varying business backgrounds has been working for the past few years on what's most simply described as a sterilization unit for everything from keyboards to medical equipment.

The unit takes old technology and puts it to a new use.

The chemical compound — chlorine dioxide — used in the cleansing is the same one Brock's company sprays to clean carcasses at food-processing plants. Instead of spraying the compound, the sterilization unit (called Log-vi) turns the chlorine dioxide into a vapour, allowing the gassy bacterial buster to get into every nook and cranny of an object within minutes.

In other words, instead of getting a surface clean, items placed in the Log-vi get a deep clean without coming into contact with water.

Arscott's inspiration? Watching on TV as hospitals tossed out "dirty" computer keyboards during the SARS epidemic.

"I thought, There has to be a better way," he said.

How it works

- Remove lid.
- Place keyboard in bottom half of unit.
- Fill reservoir with hot tap water.
- Add two vials of chemicals to water, creating chlorine dioxide.
- Place lid on unit for at least 45 minutes.
- Empty water reservoir and remove keyboard.

Hospitals preempt disclosure requests

The salaries, perks and retirement benefits of most hospital CEOs and executives will be made public Tuesday under Ontario's freedom of information law.

Hospitals became subject to the law Jan. 1, so the Ontario Hospital Association advised its members to release executive contracts — along with board minutes, financial plans and other documents — by posting them on their websites.

OHA.COM

▶ Tom Closson

"When universities became subject to FOI, one of the first things people wanted to see was executive contracts," said Tom Closson, OHA president and CEO.

"Rather than waiting for requests to come in one at a time or hospital by hospital ... we thought it would make the most sense to proactively disclose these contracts." THE CANADIAN PRESS

News in brief

Robber used BBQ fork: Police

London police are looking for a male suspect who tried to rob a convenience store with a barbecue fork Sunday.

Police said a man tried to rob Goody's Variety Store at 10 Hawthorne Rd., demanding money from the clerk.

The clerk sustained minor injuries after a struggle with the suspect, who fled with a number of LTC bus tickets. METRO

Norwalk impacts hospital visits

London Health Sciences Centre is limiting visitors on a portion of the ninth floor inpatient unit of University Hospital after an outbreak of Norwalk virus. Eleven patients showed symptoms. METRO

Numbers tell the story

2011 was an unusual year for murders in Canada, with some areas setting records for most or fewest homicides. Here's a look at all eight Metro Canada cities

Vancouver
Population: 578,000

The City of Vancouver saw 15 homicides in 2011. The final homicide in the city was the New Year's Eve stabbing death of 19-year-old Dylan Cody Smith at an apartment. In Metro Vancouver and the Fraser Valley, there were 35 homicides in 2011, according to CBC.

15

Edmonton
Population: 730,000

Edmonton saw its deadliest year ever in 2011 — including two slayings in the final 24 hours, with a 35-year-old man and a woman in her 20s becoming the 46th and 47th homicide victims. The city, which led the country in homicides, surpassed its previous record of 39 from 2005.

47

Winnipeg
Population: 633,000

Winnipeg saw a record 39 homicides in 2011, up from the previous record of 34. The high number of killings was attributed to increasing gang violence and one instance where a woman allegedly set fire to a rooming house, killing five occupants.

39

Halifax
Population: 370,000

Homicides were up significantly for Halifax, with 17 throughout the municipality in 2011. That's six more than in 2010 and four more than the previous record of 13 from 2009. Most of the homicides weren't random, but in late November three teens were charged in the indiscriminate shooting of a Halifax-area senior out for a walk.

17

Montreal
Population: 1.6 million

Montreal saw 35 homicides on its territory in 2011, down two from 2010. In the province of Quebec there were 102 homicides, an increase of 28 per cent.

35

Ottawa
Population: 812,000

Ottawa had 11 homicides in 2011. Four victims were women and the rest men. Knives were used in five of the cases. Three other victims were shot, all of whom were men with criminal ties. The shootings remain unsolved as do three other cases: in one case, the cause of death has not been released. Ottawa had 10 homicides in 2010.

11

Calgary
Population: 988,000

Early intervention and funding commitments from municipal and provincial governments are being touted as major factors in keeping Calgary's homicide number at 11, the lowest it's been in eight years. The final count is in stark contrast to killings at the height of the city's gang war in 2008 and 2009, when roughly three times the murders were recorded.

11

Toronto
Population: 2.5 million

Toronto recorded 46 murders in 2011, the lowest number in 25 years. This was the fourth straight year of declines since 2007, when the city recorded its deadliest year (matched in 1991) with 86 homicides. Police Chief Bill Blair attributed some of the decline to the disruption of gang activity following sweeping raids carried out across the region.

46

London
Population: 352,000

London police reported eight homicides in 2011 — up from seven in 2010 — the most murders on record since slayings spiked to 14 in 2005. The last murder was reported on Dec. 27, when Said Hadbai, 20, was found shot in a parking lot. He died in hospital.

8

METRO CANADA/ TORSTAR NEWS SERVICE

MOUNT RAINIER SHOOTING

Suspect in murder of U.S. park ranger found dead

An armed Iraq War veteran suspected of killing a Mount Rainier National Park ranger managed to evade snowshoe-wearing SWAT teams and dogs on his trail for nearly a day. He couldn't, however, escape chest-deep snow.

A plane searching the remote wilderness for Benjamin Colton Barnes, 24, yesterday discovered his body lying face down on the mountain hours from where authorities could get to him. The cause of death was not immediately made public.

Barnes is believed to have fled to the remote park on Sunday to hide after an earlier shooting at a New Year's house party near Seattle that wounded four, two critically. Authorities suspect he shot ranger Margaret Anderson later Sunday.

MOUNT RAINIER NATIONAL PARK/THE ASSOCIATED PRESS

▶ Anderson

PIERCE COUNTY SHERIFF'S DEPT./THE ASSOCIATED PRESS

▶ Barnes

SWAT teams more used to urban standoffs trekked deep into the backcountry, unfamiliar territory for them.

"We have SWAT team members with snowshoes on the side of a mountain," Pierce County Sheriff's spokesman Ed Troyer said. "This has never happened before."

Immediately after Sunday's shooting, police cleared out the park of visitors and mounted a manhunt.

Fear that tourists could be caught in the crossfire in a shootout with Barnes, who had survivalist training, prompted officials to hold more than 100 people at the visitors' centre before evacuating them in the middle of the night.

THE ASSOCIATED PRESS

Man arrested in L.A. arson probe

Suspect driving van with British Columbia licence plates: Reports

Authorities arrested a man yesterday in connection with dozens of suspected arson attacks that destroyed parked cars, scorched buildings and rattled much of the nation's second-largest city over the New Year's weekend.

Harry Burkhart, 24, was booked for investigation of arson of an inhabited dwelling and was being held without bail, authorities said.

Burkhart was arrested earlier in the day because he resembled a "person of interest" captured on surveillance video. He was stopped by a reserve sheriff's deputy in a van being sought by arson investigators.

More than 50 blazes have flared since Friday in Hollywood, neighbouring West Hollywood and the San Fernando Valley, causing about $3 million in damage.

Police declined to reveal any motive for the fires.

Firefighters have not responded to any other suspicious fires since Burkhart was detained, Capt. Jaime Moore said.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

DAN STEINBERG/THE ASSOCIATED PRESS

▶ Los Angeles Fire Department firefighters extinguish numerous cars on fire in a carport in the Sherman Oaks neighbourhood of Los Angeles yesterday.

More officers charged in Grenada beating death

"People who know Grenada ... will tell you that Grenada is the safest destination in the Caribbean."
TILLMAN THOMAS, PRIME MINISTER OF GRENADA

Three more Grenada police officers were charged with manslaughter on Sunday in the beating death of a Canadian as the country's prime minister insisted the case isn't indicative of the Caribbean island's law enforcement.

"This is really an isolated case, it's unfortunate," Prime Minister Tillman Thomas told The Canadian Press in a phone interview from his home Sunday night.

A police statement said officers Edward Gibson, Shaun Ganness and Ruddy Felix were arrested and charged Sunday in the beating death of 39-year-old Oscar Bartholomew of Toronto, who was visiting the island about 160 kilometres north of Venezuela to see family. The Sunday arrests brought the number of police suspects to five. THE ASSOCIATED PRESS

Wildfires rage across southern Chile

One man killed after refusing to evacuate • Losses in millions

Firefighters in Chile battled three huge wildfires on Monday that have burned about 23,000 hectares of forest, destroyed more than 100 homes and driven away thousands of tourists while causing millions of dollars in losses.

The fires also claimed their first victim: An elderly man who ignored warnings to leave his home.

Chile's normally rainy southern regions are feeling the effects of a nationwide heat wave and drought. The country was battling 48 fires on Sunday alone, and red alerts were declared for the regions of Magallanes, Bio Bio and Maule.

In the Bio Bio region, the timber industry is threatened by fire that destroyed an Arauco company paper mill. Hundreds of people who left their homes were forced to relocate yet again early Monday as the flames advanced.

In Magallanes, more than seven per cent of the famed Torres del Paine national park had burned, ruining vacations for some of the 150,000 tourists who come each year, mostly during the brief southern summer. Strong winds grounded helicopters and planes, leaving the fight to more than 750 firefighters on the ground. Authorities hoped to reopen the northern section of the park to tourists later in the week. THE ASSOCIATED PRESS

Israeli charged

- **An Israeli tourist, Rotem** Singer, 23, has denied a charge of negligently starting the Torres del Paine fire.
- **But prosecutor Ivan Vidal** said Singer's travelling companions said he set fire to toilet paper after going to the bathroom, and then failed to put it out completely.
- **If convicted, he faces up to** two months in jail.
- **President Sebastian Pinera** has called for tougher sentences for arson.

THE ASSOCIATED PRESS

▶ Firefighters work to contain a major blaze in Torres del Paine national park in southern Chile yesterday. The fire has burned at least 12,500 hectares in one of the country's most spectacular national parks.

Speculation mounts of Mubarak acquittal

The trial of Hosni Mubarak resumed in Cairo on Monday amid speculation that a recent acquittal of policemen tried in the killings of protesters could be a prelude to the dismissal of charges against the ousted Egyptian leader.

Mubarak, 83, is accused of complicity in the killing of more than 800 protesters during the uprising that toppled his 29-year regime last year.

He was brought by helicopter to the Cairo courthouse from a hospital where he is held in custody. He was then taken into the defendants' cage on a gurney, wearing dark sunglasses and covered by a green blanket.

Another Cairo court on Thursday acquitted five policemen of charges of killing five protesters during the uprising last Jan. 25 to Feb. 11. The court said three of the defendants were not at the site of the killings while the other two fired on protesters in self-defence.

The ruling angered families of the victims. Activists demanded that the killers be brought to justice and complained that similar cases are languishing in courts in several Egyptian cities.

On trial with Mubarak are his two sons, Gamal, his one-time heir apparent, and Alaa, along with the nation's former security chief and six senior police commanders. The Mubaraks face additional corruption charges in the same case. THE ASSOCIATED PRESS

MOHAMMED AL-LAW/THE ASSOCIATED PRESS

▶ Former Egyptian president Hosni Mubarak is wheeled into a Cairo courthouse on Monday to face charges of complicity in the killing of more than 800 protesters during last year's uprising.

Show. Of strength

▶ Iranian naval officers celebrate after the successful launch of a Ghader missile at the shore of the Gulf of Oman during a drill on Monday.

HAMED JAFARNEJAD/ FARS NEWS AGENCY/THE ASSOCIATED PRESS

Iranian navy test-fires cruise missile

Iran test-fired a surface-to-surface cruise missile during a drill that Admiral Habibollah Sayyari said proved Tehran was in complete control of the strategic Strait of Hormuz, the passageway for one-sixth of the world's oil supply. Tehran has threatened to close the strait as retaliation for new U.S. economic sanctions.

Israeli-Palestinian peace talks to resume

Israeli and Palestinian envoys will meet in Jordan on Tuesday in a last-ditch effort to salvage peace talks, the first time the sides are meeting since negotiations collapsed in September 2010. But Saeb Erekat, the chief Palestinian negotiator, warned that, without a breakthrough, the Palestinians will abandon the process and could try again for recognition at the UN. THE ASSOCIATED PRESS

Media mogul tweets his 2012 resolutions

- 80-year-old Murdoch joins Twitter for the new year
- More than 46,000 followers by Monday morning

SUSAN WALSH/FILE PHOTO/THE ASSOCIATED PRESS

▶ Rupert Murdoch

Rupert Murdoch has begun the new year by setting up in a new field of communications. He's started tweeting.

The media mogul, who is recovering from perhaps his most difficult year in the business, is posting on Twitter under the handle @rupertmurdoch, spokeswoman Daisy Dunlop at News International confirmed Monday.

The account was opened over the New Year's holiday, but many doubted its authenticity because Murdoch, 80, has generally tried to stay out of the spotlight as his media empire comes under increased scrutiny because of widespread phone hacking at his U.K. newspapers.

"My resolutions, try to maintain humility and always curiosity," he tweets, making no mention of his business troubles. "And of course diet!"

His wife Wendi Deng has also started tweeting — she's @wendi-deng — referring to the setbacks: "A lot of bad things happened in 2011 but I hope in 2012 we can put them all behind us and sail on to a bright future for everyone Wxx."

She also gently reminds fellow tweeters to spell her first name with an "i" at the end, not a "y."

The Murdochs' entry into the world of Twitter was met with some bemusement and some hostility.

John Prescott, former U.K. deputy prime minister, came up with one of the wittier responses. "Welcome to Twitter," he writes to the mogul. "I've left you a Happy New Year message on my voicemail!"

THE ASSOCIATED PRESS

Corporate Canada reaps more money: StatsCan

Profitable Canadian businesses are set to reap $2.85 billion in additional income tax savings in 2012, even as Prime Minister Stephen Harper complains about all the private "money sitting on the sidelines."

The last of five annual corporate tax cuts took effect Sunday, reducing the federal rate by another 1.5 points to 15 per cent.

This comes as corporate Canada, from multinationals to midsize businesses, squirrels away hundreds of billions of dollars as it rides out a second storm of global economic turbulence over the last three years.

The latest figures from Statistics Canada through the third quarter of 2011 show business sitting on more than $583 billion in Canadian currency and deposits, and more than $276 billion in foreign currency.

Those cash reserves have climbed nine per cent since last year and 27.3 per cent since 2007, when the Canadian economy was booming and new corporate tax cuts were announced.

Even after removing Canada's banks from the equation, non-financial corporations saw their currency and short-term paper assets climb $33 billion in the third quarter of 2011.

Harper referred to all that stagnant capital at the end of a frustrating G20 summit in November in France, where global leaders failed to find much consensus. "I should be clear on this: you know, I see every reason that markets ... there's a lot of money sitting on the sidelines, looking for opportunities," Harper said.

From 22.12 per cent in 2007 to 15 per cent on Jan. 1, federal corporate tax rates have been declining, cut almost in half since 1990, when they stood at 28 per cent. Provinces have also been lowering corporate tax rates. Back in 2000, Canada's combined federal-provincial corporate tax rate averaged 43 per cent — the highest among OECD countries.

Tax specialist Jack Mintz says Canada's combined federal-provincial corporate rate in 2012 will be around the world average of 26 per cent. Mintz argues profits are being shifted back to Canada due to the tax cuts, a move that benefits provincial tax bases. "But the public doesn't perceive that," Mintz said. "They look at (corporations) as powerful and that if you cut corporate taxes you're making the rich more rich."

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 113.4 (11,955.09)	+ 0.37¢ ($98.33¢ US)

OIL	Natural gas
- 82¢ US ($98.83 US)	$2.989 (- 3.8¢)

Gold $1,566.80 (+ $25.90)

Gas. Up

▶ An attendant sells fuel at a petrol station in Lagos, Nigeria, Monday.

SUNDAY ALAMBA/THE ASSOCIATED PRESS

Nigeria's gas prices may fuel unrest

Nigeria is ending fuel subsidies, an official said Sunday, a move that is sure to be unpopular in the oil-rich nation where citizens see cheap fuel as one of their few government benefits. Two union groups are threatening strikes and protests.

Pipeline top of election agenda

President Barack Obama and Congress are starting the election year locked in a tussle over a proposed 2,735-kilometre oil pipeline from Alberta to Texas that will force the White House to make a risky choice between two key Democratic constituencies. Some unions say the pipeline would create thousands of jobs. Environmentalists fear it could lead to an oil spill. THE ASSOCIATED PRESS

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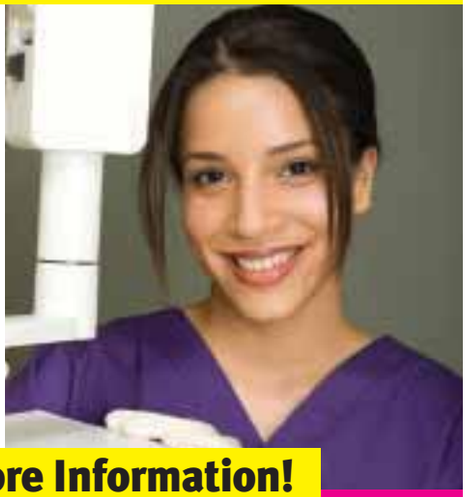

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12 RESOLUTIONS WORTH KEEPING FOR 2012

SHE SAYS ...

JESSICA NAPIER
METRO

So have you broken all your new year's resolutions yet? Of course you have. Now forget those lofty ambitions that would have you forsake all your vices simultaneously, and let's try to focus on setting some small goals for the new year.

I've taken the liberty of compiling a list of 12 entirely achievable resolutions that I'd like you (yes YOU) to make and keep for 2012. Don't worry, I promise to try my best to adhere to them as well. After all, even a few minor changes can make the world a much better place for me, you and everyone we know.

1 I will stop Keeping Up with the Kardashians once and for all and spend more time with my own family.

2 I will stand right and walk left on escalators.

3 I will stop doing that thing where I see an acquaintance on the street and pretend I don't know them. We both know what's going on; let's just stop being awkward and say hello.

4 I will take better care of my hair because someday I might lose it all.

5 The same thing goes for my money.

6 I will resist the urge to Like a Facebook status update about an engagement or pregnancy in order to prevent a never-ending stream of annoying comment notifications in the days that follow.

7 I will stop letting the smug woman behind the GPS navigation voice jeopardize my relationship, and surrender to the fact that maybe she does know best.

8 I will recognize that the only things that belong on the dinner table are food and cutlery, not my cellphone.

9 I will stop blaming public transit for my late arrival at the office every single morning and admit to myself (and my boss) that maybe I should be getting up 10 minutes earlier. Alternatively, I will think of some new excuses for my tardiness.

10 I will buy the $14 bottle of wine, not the $9 bottle. Yes, I want to save money, but the 12-hours-from-now version of me will appreciate my largesse.

11 I will listen to my mother and wear the appropriate footwear for the weather conditions.

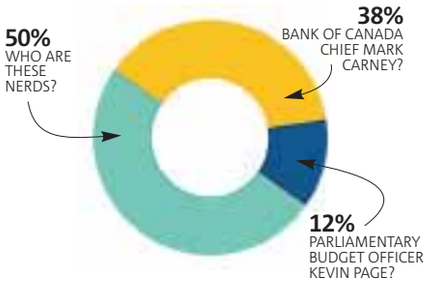
12 I will actually pay attention to the auto-correct function on my phone and stop sending embarrassing typo-filled messages to friends and family. After all, "Did you show your boss?" is a very different question than "Did you show your boobs?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Panel

Register at metropolitanpanel.ca and take the quick poll

Who would win a telepathic battle of smartness?



Local tweets

- **@zb_armstrong:** London trending in Canada...I assume caused by a strange combination of both awesome cities! #ldnont
- **@k_ksmith:** Moving back to #ldnont is on hold! Do not want to drive in suspected snowsqualls #nothankyou
- **@silentbytes:** Am i the only one working today? Downtown #ldnont seems dead.
- **@BrentCornwall:** #OccupyLdnOnt stands in support with Electro-Motive workers locked out by #Caterpillar. One People, One Struggle. #LdnOnt #OWS #99Percent
- **@CGalsworthy:** Ready to start new year with new job. #ece #fanshawe
- **@fallenight:** Here comes the snow #ldnont. Will there be a snow day at #UWO, #Fanshawe for the first day back?
- **@phrawr:** Going to #Fanshawe this afternoon. It'll be like the old days, except it's not me that's going. Haha....
- **@Slug67:** Was that the thunder of the 4 horsemen in Woodfield just now? Nope, just testing the snowblower. Do your worst, Ol' Man Winter! #ldnont

Daily Zoom

BINSAR BAKKARA PHOTOS/THE ASSOCIATED PRESS

Half of country's rainforests lost

Orphaned baby orangutans Septian and Seroja play inside a basket at a Conservation Programme facility in Batu Mbelin, North Sumatra, Indonesia. Indonesia has lost half of its rainforests in the last half century, putting the remaining 50,000 to 60,000 orangutans living in scattered, degraded forests in frequent, and often deadly, conflict with humans.

THE ASSOCIATED PRESS

Living in a concrete jungle

Veterinarians conduct surgery on an estimated 40-year-old orangutan named Puyul, who suffers from a broken leg, at their facility in Batu Mbelin, North Sumatra, Indonesia. Puyul broke his leg falling from a tree while being rescued by conservationists after he was found roaming a rubber plantation too close to a village. The vets also found air-rifle-pellet wounds in Puyul's body.

THE ASSOCIATED PRESS

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Blasting gender roles

Bomb Girls is a new series that celebrates the strength of the women who worked in munitions factories during the Second World War ◆ Oscar nominee Meg Tilly plays the factory's supervisor

ANNE BRODIE
SCENE@METRONEWS.CA

In 1995, Oscar nominee Meg Tilly left Hollywood to write, and raise her family, including a son with Colin Firth.

She's back in a passion project, Bomb Girls, set in an Ajax, Ont., munitions factory during the Second World War.

Tilly relishes her role as Lorna, whose abusive husband returned from the war paralyzed and who supervises the girls on the factory line.

Tilly sat down with Metro to talk about Bomb Girls and gender issues that are still relevant in 2012.

"I have my little chickadees to look after on Bomb Girls," says Tilly.

"Everyone's younger than me and there's all this female power. It's very sweet.

"I feel so privileged to work in this environment. How often can you walk back in a chunk of time and explore it and life in it and love it?

"There is also such good will for this show. It was a brave choice to do such an unlikely look at the Second World War. The women had their jobs and husbands overseas but they were fighting behind the lines to protect their men and their children at home. They were soldiers."

HANDOUT

▶ Meg Tilly, shown in blue, says the reason she left acting was to give her children a chance to have a normal childhood.

Lorna is nurturing yet stern in this dangerous place, where one spark from a ring or hairpin could blow it sky high.

I wanted that, "Whoa, she's tough!" But why is she tough? If someone makes a decision you don't agree with you have to understand the whys. It's her job to keep the factory safe.

She doesn't want some dilettante coming here who could kill them all. I love the humanness of the characters, more noble than they realize.

One of her charges is Gladys, a headstrong Rosedale debutante played by Jodi Balfour. Gladys works in the office but dreams of joining the line, even as her father demands that she quit and marry. Balfour says the series reflects social realities that still exist.

These issues never become irrelevant. We may have come a long way in gender issues since the war and the overt discrimination, but those things still exist.

We have the resources to do something about them. Gender stereotypes discriminating against women can be dealt with; there are channels you can process these things through now.

But it doesn't mean attitudes have changed.

Balfour says the series inspired nostalgia for a time she never knew.

Entirely, but I've been like that all my life. I've always felt I was born into the wrong era. I relate so much to this way of being, the chivalry of it all.

It wasn't an easy time to be a woman and I am nostalgic for it. I feel I missed out on the best time to be alive.

And being wartime, they sucked the marrow out of every day.

Bomb Girls, starring Meg Tilly and Jodi Balfour, starts Wednesday night on Global.

Why Meg Tilly quit acting

▶ I took my kids, always, on films. My daughter was in the third grade and I took her when I did Leaving Normal. When we went back, her best friend was best friends with someone else and there were only seven girls in the class and she didn't have anyone to eat lunch with and she cried. I thought this is why a lot of actors mess up. Coming from a challenging childhood, I didn't want to leave my kids with someone else. If I took them away with me six or seven months a year they wouldn't have any kind of life. I realised what would pay me the most for the least amount of time, so I did TV, guest stints and saved the money, socked it away and when I had enough, I quit.

DVD Releases

Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Contagion
Genre: Thriller
Director: Steven Soderbergh
Stars: Matt Damon, Kate Winslet, Jude Law
◍◍½

Steven Soderbergh's Contagion is the feel-bad movie of 2011. A star-studded thriller, it's reminiscent of 1970s disaster movies, yet it's more grounded in reality. The film details the rapid spread of a lethal new virus, MEV-1, and does so quite realistically, at least until an outbreak of maudlin illogic near the end.

Working as his own cinematographer from a script by screenwriter Scott Z. Burns (The Bourne Ultimatum), Soderbergh spares few sensibilities in outlining how quickly a contagion would cross international boundaries.

Gwyneth Paltrow is Patient Zero, a business traveller named Beth Emhoff, who is intriguingly introduced on Day Two of her swiftly developing infection — we don't immediately know what happened on Day One. Whatever Beth caught on a trip to China is now returning home with her to Minnesota, where her new husband, Mitch (Matt Damon), and young son are waiting to welcome her home.

Beth is barely through the door when crisis strikes. As Mitch struggles to take in what's happened to his family, governments attempt to grasp an escalating infection rate and body count as scientists search for a vaccine.

At times, Soderbergh seems to lose track of too many subplots that include a kidnapping, marital infidelity, a government inquiry and a father-daughter trek. But Contagion demonstrates he still has it in him to deliver a mainstream movie. Just don't forget to Purell before watching. Extras include making-of featurettes.

PETER HOWELL

2 scene

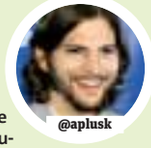
Box office

Tom Cruise's new mission remains impossible to beat at the box office. Studio estimates Sunday placed Mission: Impossible - Ghost Protocol in the No. 1 spot for the second-straight weekend with $38.3 million. With a $141.2 million domestic total, it's the first $100 million hit with Cruise in the lead role since 2006's Mission: Impossible III. The movie led a solid New Year's weekend as Hollywood managed fair business to end a sluggish year on a more promising note for 2012. Sherlock Holmes: A Game of Shadows finished second again with $26.5 million, raising its domestic total to $132.1 million. The family sequel Alvin and the Chipmunks: Chipwrecked was still at No. 3 with $21 million to lift it to $94.6 million.

THE ASSOCIATED PRESS

Berlin film festival to honour Meryl Streep for career achievements.

Celebrity tweets



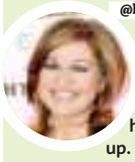
@aplusk

In 2012 let's agree to a resolution to feel one another's pain & joy, & create the peace we desire through proactive generosity. XO ak

@lindsaylohan

It's good to sit with yourself and have alone time

@kelly_clarkson



5:30 AM is definitely too early to have to wake up.

@AlbertBrooks

My New Year's resolution was to stop tweeting.

McConaughey pops the question

▶ Matthew McConaughey

It only took five years and two children together, but Matthew McConaughey is now sure he wants to settle down with Camila Alves.

"Just asked Camila to marry me. Merry Christmas," McConaughey posted on his WhoSay page on Christmas Day, accompanied by a photo of the pair kissing. There's no word on when the wedding will take place, but chances are the happy couple aren't in any hurry. METRO

ENTER FOR YOUR CHANCE TO WIN RUN OF ENGAGEMENT PASSES TO SEE
CONTRABAND

IN THEATRES JANUARY 13

14A – Graphic violence, substance abuse, coarse language

To view the trailer visit:
www.universalpictures.ca

VISIT clubmetro.com TO ENTER

To register and for full contest details visit clubmetro.com

Russell Brand and Katy Perry: What happened?

Though the couple appear headed for divorce, details have been scarce

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Without knowing either of the stars, please join me as I wildly speculate what drove Brand to file divorce papers last week.

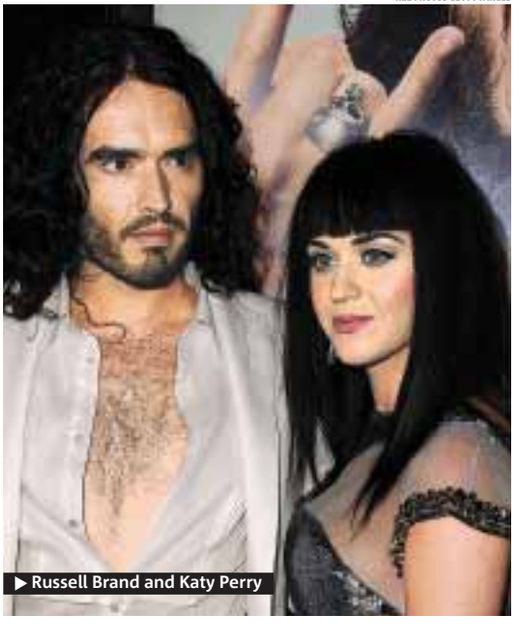
Too much, too soon:
The two met in 2008 on the set of Brand's comedy Get Him to the Greek. After meeting again at the MTV Video Music Awards in 2009, the two started dating and it was infatuation at first sight.

Just four short months later, the two got engaged. Perry was just 25.

The two got married at a tiger sanctuary in India eight months later.

Different lifestyles
Brand is a famous former heroin and sex addict, as well as a recovering alcoholic — and is now sober and likes to stay in, watching soccer.

ALL PHOTOS GETTY IMAGES



▶ Russell Brand and Katy Perry

Katy Perry sings songs about blacking out on Friday nights — and likes to party with people like Rihanna. Oh, and Perry's family are evangelical Christians. And, well, Brand is a recovering heroin, sex and booze addict.

The fame game
This has been the busiest year for Katy Perry — she became the first woman, and second artist overall following Michael Jackson, in the 53-year history of the Billboard Hot 100 to send five songs from an album to No. 1 with her sophomore effort Teenage Dream. She went on a massive tour, performed at most awards shows, and debuted a rainbow of new hair colours.

Brand starred in Arthur. Enough said.

The whip cream bra finally ran out
You know what they say: In any relationship, it's important to keep things interesting in the bedroom.

▶ Kate Middleton and Prince William

Royal couple keeps things low key

Prince William and his wife, Kate Middleton, decided to cancel a holiday ski trip because of the continuing recession in England, according to Us Weekly.

"The palace thinks it would send a bad message to be away during this time," a source says.

The royal couple instead spent Christmas with the Queen in Norfolk before spending the rest of the holiday week with Middleton's family. METRO

Saldana and Cooper: It's on

After splitting with her fiancé of 11 years in November, Zoe Saldana has reportedly moved on to People magazine's Sexiest Man Alive, Bradley Cooper, according to E! News.

"They are totally dating," a source says of the pair, who co-star in the upcoming film The Words.

The source adds that the pair are trying to keep their budding relationship under wraps. METRO

Zoe Saldana

ISTOCK PHOTO

▶ It's that time of year when we set resolutions in place.

Plan, not procrastinate

New Year's resolutions are plentiful right now To make them stick, start making a plan

CELIA MILNE
LIFE@METRONEWS.CA

Want to lose weight by getting fit? Put it in your calendar.

Most New Year's resolutions fail because they are too lofty and vague. "Exercise more" is a tough instruction to follow. Where would you begin? Scientific studies have found people are more likely to be physically active if they make a realistic and detailed action plan.

Your action plan might look like this: "Monday: walk at the mall 7 p.m. for half an hour, medium intensity." Wednesday's plan could be: "Lift weights, at home, 8 a.m., 20 minutes, three repetitions." And Friday's plan could be: "Boot camp, at the gym, 5:30 p.m., 45 minutes, full intensity." On Saturday? Get outside and have fun.

"Baby steps are important," says Sammie Kennedy, the creator and CEO of Booty Camp Fitness, a growing company dedicated to helping women get active.

"When you make smaller changes over time, it becomes less overwhelming and you are more likely to gain positive momentum from actually achieving your small goals. You feel positive, you see results and you are far more likely to be successful in your larger, long-term goals."

Boot camps are growing in popularity because they are a fun and social way to lose weight and get fit. Booty Camp Fitness, which is run by women for women, has nearly 100 locations across Canada, including British Columbia, Alberta, Ontario and New Brunswick. Kennedy has observed that the most successful clients in her eight-week boot camps are those who declare their goals, attend class regularly and make small lifestyle changes they can stick with in their daily lives.

Get fit

Here's three tips for starting the New Year off right.

- **Start slow** Work your way up from exercising twice a week to as many days as you would like to achieve.
- **Change it up** Add something new/different to your fitness routine once a month.
- **Food is important** Eat a nutritious breakfast every morning.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Wipe Out Germs at Home Since germs tend to get passed around among family members, front-line wellness strategies include frequent handwashing and sneezing into a tissue or your sleeve, as well as getting a flu shot. But taking some time this week to do some post-party housecleaning is also a good way to get rid of germs — just be sure you know which cleaners work, and which ones could make things worse. Writer Lisa Bendall checked it out in the December issue of Best Health.

"We don't need to sterilize our homes; we just need to keep them clean," says Dr. Camille Lemieux, associate director of the University Health Network's Infection Prevention and Control Unit in Toronto.

Indeed, Health Canada warns against using products in the home labelled 'antibacterial', 'antimicrobial' or 'bacteria-fighting', which typically contain benzalkonium chloride or triclosan, to kill common bacteria and viruses.

These chemicals may also wipe out the friendly bacteria we need to fight germs and stay healthy.

Plus, many health experts and agencies warn these products can lead to a rise in antibiotic-resistant bacteria.

(However, products with antibacterial chemicals may be recommended in institutional settings such as hospitals, where traffic is high and the volume of germs on surfaces can be greater.)

So, what works best at home? Plain water won't suffice, but a cleaning product with a surfactant detergent will remove the germs we don't want.

Products with hydrogen peroxide or bleach can kill or inactivate viruses. Products labeled 'disinfectant' will also inactivate disease-causing bacteria and viruses, and don't necessarily contain the antibacterial chemicals health experts recommend avoiding.

And good old vinegar and water (a 1:1 solution) may work, too.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS

3 life

Germs

A study by researchers at Laval University found that bacteria thrives on paper products and even on unused paper towels. Research into bacterial transmission from paper towels has not previously been well documented. A study of six towel brands, all commercially sold in Canada, showed all had germs. However, recycled towels were the most heavily contaminated. No illness was found to be connected to paper towel use.

THE ASSOCIATED PRESS

Study finds nearly quarter of women get a prenatal thyroid check

Gourmet fried chicken

Fritou Fried Chicken favours locally sourced birds and hand-trims each piece Take-out meals offer great value and surprisingly light fried fare

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

Expanding from a string of restaurants in Calgary and Edmonton, Fritou brings its gourmet fried chicken to a stylish new, but small, location on Richmond.

Fritou claims its chicken is healthy and I want to believe it. The restaurant chain favours locally sourced birds and hand-trims each piece to remove excess fat. It is then marinated and deep-fried.

Seating has not yet been built so I grab my order and head home.

My four-piece meal ($9.55), served with homemade potato salad and fries, includes a wing, breast, thigh and leg.

The small popcorn chicken ($5.99) is cut from cubed breast meat. Breading is nicely seasoned and not greasy while the meat is juicy and tender.

Fritou is a welcome addition. Their take-out meals offer great value for surprisingly light and elegant fried chicken.

Plans include expanding the menu to include other Southern favourites.

Fritou Fried Chicken
723 Richmond St. (at Piccadilly)
519-601-2696
Social lunch: No
Quick Solo Lunch: Yes
Reservations: No
Licensed: No
Rating: 4 out of 5

PAUL MITCHELL

Four-piece chicken meal (above) and popcorn chicken.

NEWS CANADA

BLT Egg Wrap

Preparation:

1. Cook bacon in non-stick skillet over medium heat until crisp. Set aside; wipe skillet.
2. Whisk together egg, onion powder, salt and pepper in small bowl. Pour into skillet; cook, stirring slightly, over medium heat.
3. Cook until eggs are thickened and no visible liquid egg remains. Spread tortilla with mayonnaise. Place lettuce on top; add bacon, egg and tomato. Fold wrap and serve. **NEWS CANADA**

Ingredients:

- Slice chicken or turkey bacon, cooked
- Egg
- ¼ tsp (1 mL) onion powder
- Salt and pepper, to taste
- Low-fat flour tortilla
- 2 tsp (10 mL) fat-free mayonnaise
- Leaf lettuce
- 1 tbsp (30 mL) tomato, diced

Transform cauliflower into a dinner favourite

Fried Caper Vinaigrette

This recipe makes plenty. You'll need about a quarter of it for the cauliflower. The rest can be refrigerated and used on salads.

Preparation:

1. In a medium sauté pan over medium heat, heat 50 mL (¼ cup) of the oil. Add capers, shallots and garlic, then cook, stirring constantly, for 2 to 4 minutes, or until just starting to brown but the oil is still clear. Transfer to a medium bowl, including all of the cooking oil, and set aside to cool.
2. Once mixture has cooled, add vinegar, mustard, salt and pepper. While whisking, drizzle in remaining oil. Whisk until thoroughly blended. Adjust seasoning with additional salt and pepper, if necessary, and use immediately or refrigerate in a tightly sealed container for up to 2 days. Makes 250 mL (1 cup).

Tip: Don't feel like frying the capers, shallots and garlic? Give them a rough chop, then add them raw to the vinaigrette. Salt-cured capers should always be rinsed with cold water, then dried with paper towels, before being used.

THE ASSOCIATED PRESS

Ingredients:

- 150 mL (⅔ cup) olive oil
- 15 mL (1 tbsp) salt-cured capers, rinsed and chopped
- 30 mL (2 tbsp) chopped shallots
- 5 mL (1 tsp) grated garlic (about 2 cloves)
- 75 mL (⅓ cup) red wine vinegar or sherry vinegar
- 5 mL (1 tsp) whole-grain Dijon mustard
- Pinch sea salt and ground black pepper

THE ASSOCIATED PRESS

This recipe makes 8 servings.

Roasting has the power to transform just about any food, but this effortless cooking technique is most dramatic when applied to winter vegetables, including sweet potatoes, beets, fennel, whole shallots, carrots and butternut squash.

This dish is delicious and healthy to boot. Roast one to two whole heads of cauliflower until caramelized, then drizzle on an aromatic vinaigrette of capers, shallots and garlic.

The vinaigrette is good when all the ingredients are raw, but when you flash-fry them they become sweet and caramelized.

Preparation:

1. Heat oven to 200 C (400 F). Set a wire rack over a baking sheet.
2. Wash and trim both heads of cauliflower, cutting out and discarding core and cutting top into large florets. Place florets in a large bowl and drizzle with olive oil, then toss (you may need to do this in 2 batches) until all the surfaces of the cauliflower are coated with a thin film of oil. Sprinkle with salt and toss again to distribute evenly.
3. Place florets on prepared rack. Roast for 30 minutes. Use tongs to turn florets, then roast for another 15 to 20 minutes or until deeply caramelized.
4. Return florets to the bowl and, while still hot, drizzle and toss with a little of the fried caper vinaigrette (recipe follows). Add just enough vinaigrette to lightly coat. Transfer florets to a serving platter, then sprinkle with minced country ham. **THE ASSOCIATED PRESS**

Ingredients:

- 2 heads cauliflower (about 2 kg or 4 ½ lb)
- 30 mL (2 tbsp) olive oil, or more if needed
- 10 mL (2 tsp) kosher salt, or more to taste
- Fried caper vinaigrette
- Minced country ham for garnish (optional)

ISTOCK

▶ Let's hope this guy cleans up after his dog.

BEING PROACTIVE TO PREVENT POOP

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Mr. MacPherson,
I recently moved into a new home, and was disappointed to find at least a dozen "housewarming gifts" from the neighbour's dog in our backyard. Being the new kid on the block, I do not want to make waves so quickly and am hesitant to have my introduction to the neighbours be in the form of a complaint. How can I tactfully ask them to prevent their dog from targeting my lawn — or, at least to pick up afterwards?
Best wishes,
JB

Dear JB,

Wow! Not the "housewarming gift" you expected I'm sure!

However let's think about this for a few minutes. Firstly, I would do nothing about the dog visiting your backyard (other than clean up the mess to start with), and secondly, I would make sure that my fence is in good order, with no holes, etc.

Now, how about taking the initiative and introducing yourself to your neighbour. This would allow you to start a friendly neighbourly relationship so that if, worst-case scenario, their dog does come into your yard, you will be in a much better and more comfortable position to approach them to deal with the issue. Good luck, and let us know how it turns out!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

A year in tweets

▶ Nowadays Twitter is how many people communicate with each other ▶ New book shows that some people use it better than others

DOROTHY ROBINSON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Out of the billions and billions of tweets sent out in 2011, which ones captured that certain moment in time the best?

Instead of sifting through all of those to find the best ones, we luckily have author Kate Bussmann, who compiled the book A Twitter Year: 365 Days in 140 Characters, which distills a year of conversation, argument, revelation and revolution into a review of the year as written by the Twitter community.

Bussman corresponded with us — in more than 140 characters — about the compilation.

ISTOCK

▶ Author Kate Bussmann says there are up to 250 million tweets being sent out per day.

First of all, why a book on the year in tweets?

This has been a banner year for Twitter. The numbers keep on rising — when my book went to press, we were up to 230 million tweets per day, from 65 million in June 2010. And that number is already out of date — we're now up to 250 million.

For me and millions of others, the way we consume news has dramatically changed since the birth of Twitter.

We've become a lot more demanding, and we've got used to being able to control who and what we're watching.

We used to turn on CNN when a big story like the rescue of the Chilean miners was breaking.

Now we're likely to be on Twitter as well, because we want to get reaction from experts we trust or speak to our friends, and Twitter allows us to edit and create our own bespoke news channel.

How did you narrow down what to put in the book? How did they stand out from the rest? And how did you uncover them?

It's been an incredibly eventful year: The Royal Wedding, the Arab Spring, the News Corp. scandal, the rescue of the Chilean miners, the capture of Osama bin Laden, the attacks in Norway, the Japanese earthquake and nuclear disaster, the death of Amy Winehouse, Schwarzenegger's secret son. … So I really had a wealth of material to choose from. When it came to picking tweets about news events, my main priority was to find people who were firsthand witnesses to the events they were describing; so with the Egyptian revolution, for instance, I looked for people who were in Tahrir Square on Feb. 11, the day that Mubarak fell.

"Lately I've used (Twitter) to get recommendations of great podcasts … or just to have a little human interaction in the middle of the day when I am home by myself."
AUTHOR KATE BUSSMAN

Do you find Twitter to be a major help in your life or a major distraction?

Both! I'm actually trying to scale back a bit, particularly when I'm not at my desk.

YOUR NET WORTH

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I love setting financial goals for the new year. But over the years I've learned to pare back to just one or two that I can really focus on, rather than 10 smaller ones.

Take 60 seconds and think about what you'd like to change about your financial health in 2012.

The most popular areas are debt reduction, frugal living and investing.

All three of these elements contribute to your overall net worth; what you have left over when your total liabilities are subtracted from your total asset.

Where does your net worth stand? And no, your car isn't considered an asset so scratch it off the list.

Set a net worth goal this year. So, if your net worth is currently $12,500, aim to increase it through debt reduction and asset growth to $20,000 by the end of 2012.

Hands down, the most effective ways to reduce debt are to make your payments automatically on the day you get paid, pay a little extra each month (even $10 makes a difference), and negotiate your interest rates so that you pay as little interest as possible.

The most effective ways to increase your assets are to save through an employer sponsored RRSP, pension or savings program.

If you've been sitting on the fence about home ownership, stop renting and build equity in your own home. But, this only makes sense if your cash flow can handle it.

Living a frugal life minding your dollars and cents will help you accomplish your goals. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Befriend your finances

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

This is an important day for me. My new book Count on Yourself: Take Charge of Your Money (Simon & Schuster Canada) is now in stores and available online. This marks book number 11 (the rest co-authored with David Cruise) so you wouldn't think I'd find it such a big deal any more.

But I do and it's because the topic has never been so important. With the economic events of the past few years, our increasing debt load and the terrible state of so many retirement portfolios and savings plans — we must start taking charge of our money.

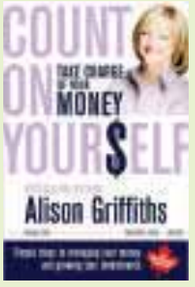
You don't need to be good in math or even comfortable with numbers in order to do so. All that's required is a plan.

It's particularly vital for us to seize control in the realm of investing. Most people hand over decisions about what they buy for RRSPs, RESPs, RRIFs and TFSAs to someone else because they are intimidated.

The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!

My goal in Count on Yourself is to give you the confidence and tools to set up and monitor a simple, safe, low-fee investment portfolio — and the best news is that it will out-perform most professionally constructed portfolios.

The first part of the book explores our attitudes toward money and how they stop us from taking charge of our money. The second section offers tips to help you become financially organized while the third shows you how to evaluate your situation and needs.



"The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!"

Finally, I introduce you to a group of low-fee, low stress and easily understandable sample portfolios using Exchange Traded Funds (ETFs) and index mutual funds.

When you're finished you will be in control of your money whether you use an advisor or prefer to do it yourself.

After the initial setup it will only take 30 minutes a month to stay on top of your investments.

There's also a contest to win a one-on-one telephone consult with yours truly about anything to do with personal finance or investments. You can enter through the Count on Yourself link on my website, alisongriffiths.ca.

Happy New Year all and I hope 2012 becomes a take-charge-of-your-money year.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

10 ways to reduce your tax bill

Tax season fills many of us with a sense of dread and panic Here's a few tips to help ease the stress

The holiday decorations are all packed away, the New Year's resolutions made, and spring is around the corner. Before you know it, tax season will be here.

Before you start filing your taxes, here are 10 ways that may help you reduce your tax bill and may even land you a refund.

For individuals:

1 Plan ahead

Make sure to gather your receipts and NETFILE code, register for My Account, and sign up for direct deposit before April 30. Submitting your income tax and benefit return before the tax-filing deadline means you can avoid having to pay late-filing penalties.

2 TFSA

A tax-free savings account (TFSA) is one great way to save money, since you don't pay tax on any income you earn from investments in your TFSA.

3 RRSP

Any income you earn in a registered retirement savings plan (RRSP) is exempt from tax, as long as the funds stay in the plan. RRSPs help you save for your retirement and get a break at tax time too.

4 Public transit tax credit

If you or someone in your family is a regular user of public transit then you may be able to claim a non-refundable tax credit based on the cost of eligible transit passes.

5 Pension income splitting

If you are receiving income from a pension, you can split up to 50 per cent of eligible pension income with your spouse or common-law partner to reduce the taxes you pay.

6 Students

Are you still in school? Students can claim the tuition, education, and textbook amounts. Have you graduated recently? You may be eligible to claim the interest you paid on your student loans.

7 Child care expenses

For those who have children, you may be able to claim child care expenses that you or your spouse or common-law partner paid so that either of you could work, do research, or go to school.

8 Home buyer's tax credit

If you're a first-time home buyer you may be eligible to claim $5,000 on the purchase of your new home, which can save you up to $750.

For people who are self-employed:

9 Hiring an apprentice

Did your business employ an apprentice? A salary paid to an employee registered in a prescribed trade in the first two years of his or her apprenticeship contract qualifies for a non-refundable tax credit for the employer.

10 Creating child care spaces

Did your business (which is not mainly a child care services business) create licensed child care spaces for the children of your employees?

If so, you may be eligible for an investment tax credit for the child care spaces you created.

More tips on how best to prepare your 2011 income tax and benefit return can be found online at cra.gc.ca/getready.

NEWS CANADA

ISTOCK

▶ Remember to breathe deeply while filing your taxes.

Canadians cautious as flu bug hits coaches

Canada's coaches needed a day without a game at the world junior hockey championship more than the players did.

Head coach Don Hay and assistant Scott Walker weren't on the ice for the practice Monday. The two were sequestered in the team hotel with the flu.

Assistant coaches George Burnett and Ryan Huska ran drills at Canada Olympic Park as the Canadians prepared for Tuesday's semifinal in Calgary.

Canada will face the winner of Monday night's quarter-final between the Czech Republic and Russia.

Huska expected Hay to be behind Canada's bench Tuesday night in a game that will determine which country plays for gold.

"Don, he'll be back," Huska said. "We're just taking all the precautions we can right now."

After going 4-0 to win Pool B, the Canadians had two straight days without a game and a bye to the semifinal. Sweden won Pool A with a 2-0-2 record and also had Monday off while Russia, the Czechs, Finland and Slovakia played quarter-final contests.

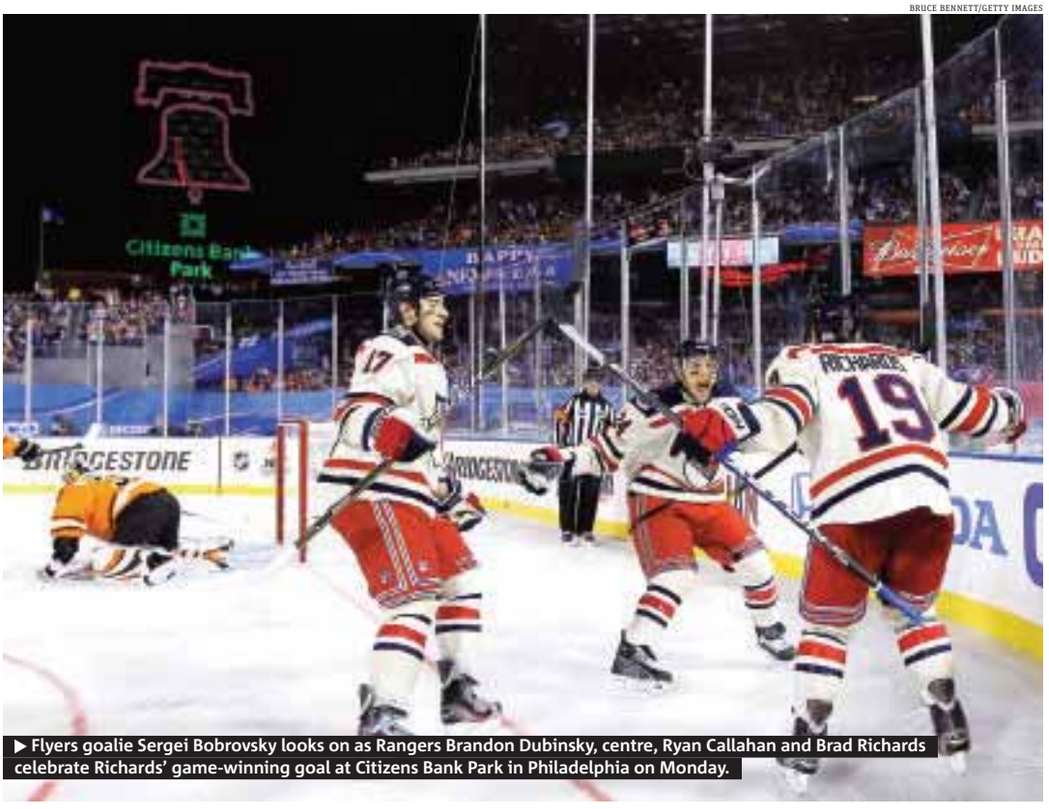
It's worrisome for the Canadians that the flu bug has struck. Forward Michael Bournival sat out last week's game against Denmark because of it, although he was back in the lineup for Saturday's 3-2 win over the U.S. in Edmonton. **THE CANADIAN PRESS**

JOHN ULAN/THE CANADIAN PRESS

"It'll probably help bring us closer together and remind us to take care of ourselves even more, so I think we'll be ready for the game (Tuesday)."

CENTRE FREDDIE HAMILTON ON HOW TEAM CANADA WILL BATTLE THROUGH THE FLU BUG

BRUCE BENNETT/GETTY IMAGES



▶ Flyers goalie Sergei Bobrovsky looks on as Rangers Brandon Dubinsky, centre, Ryan Callahan and Brad Richards celebrate Richards' game-winning goal at Citizens Bank Park in Philadelphia on Monday.

Rangers rise above the elements in Philly

Flyers' Briere has penalty shot turned aside in final seconds of Winter Classic ◐ New York coach Tortorella calls game's officiating 'disgusting'

Alone in the cold, it was up to Henrik Lundqvist to preserve a Winter Classic comeback.

His signature moment came with 19.6 seconds left after New York defenceman Ryan McDonagh was whistled for covering the puck in the crease. Flyers centre Danny Briere streaked down the ice — with bundled-up fans behind him — trying to send this one into overtime.

Lundqvist dropped to his knees on top of a chilly baseball field and stoned Briere when the centre tried to sneak it through his legs.

This made-for-TV showcase had found its brightest star.

Lundqvist stopped 34 shots, Brad Richards scored the go-ahead goal early in the third period and the New York Rangers rallied from a two-goal deficit to beat the Flyers 3-2 in the Winter Classic on Monday in front of 46,967 fans at Citizens Bank Park in Philadelphia.

RANGERS	FLYERS
3	2

"I was just trying to be patient and do my thing," Lundqvist said. "He's a sneaky guy, and there was a lot of pressure on me."

More pressure than most games in January. This game received the kind of hype normally reserved for the Stanley Cup final. NBC televised the game and HBO had 12 camera crews filming for its 24/7 series.

Rangers coach John Tortorella wondered if the officials wanted their own time in the spotlight to build the drama.

"I'm not sure if NBC got together with the refs to turn this into an overtime game. I thought the game was reffed horrible."

RANGERS COACH JOHN TORTORELLA ON THE WINTER CLASSIC'S OFFICIATING

"They called a penalty shot, which I still don't understand," he said.

"I just thought tonight, in that third period, it was disgusting."

Mike Rupp scored twice as New York won for the third time this season against Philadelphia.

Playing on a rink that stretched from first base to third base, the Rangers made the league's fifth Classic a memorable one to stay atop the Eastern Conference standings.

The NHL surrounded the rink with Christmas trees, firewood, fake snow, and even trash-can fires. But there was nothing artificial in the elements with snow flurries late in the second period and near-freezing temperatures.

The Flyers ended the game without Jaromir Jagr, their star forward who left the game in the second period. The 39-year-old Jagr said after the game he injured his left leg and expected to return soon.

Rookie Brayden Schenn and Claude Giroux scored to give the Flyers the early lead, as it appeared early on that the home team would open 2012 with a win.

THE ASSOCIATED PRESS

4 sports

Sports in brief

London Lightning forward Gabe Freeman has been named National Basketball League of Canada player of the week for the week ending Sunday.

Freeman averaged a double-double of 21 points and 13.3 rebounds in three games, including two wins, for the first-place Lightning. His high-scoring game came Sunday, when he recorded 30 points in a 103-83 win over Moncton. It is the second time Freeman has been named player of the week this season.

METRO

Scan code for more sports.

Sports in pictures

PHOTOS
1. NED DISHMAN/GETTY IMAGES
2. MARC SEROTA/GETTY IMAGES
3. VEZRA SHAW/GETTY IMAGES

1 Hanley Ramirez says he'll accept a position switch to third base so Miami Marlins newcomer Jose Reyes can play shortstop.

2 The Indianapolis Colts have fired team vice-chairman Bill Polian and his son, Chris, the club's general manager.

3 The Buccaneers fired Raheem Morris on Monday after his three seasons as Tampa Bay's head coach. Morris went 17-31, including a 10-6 mark in 2010, when the Bucs (4-12) narrowly missed the playoffs.

THE ASSOCIATED PRESS

Ticats land Burris from Stampeders

Glenn headed to Calgary as part of trade

Henry Burris is Hamilton-bound.

The Calgary Stampeders dealt the veteran quarterback to the Hamilton Tiger-Cats on Monday night in a three-player deal, according to two league sources requesting anonymity.

In return, the Stampeders receive quarterback Kevin Glenn, an 11-year veteran who spent the last three seasons with Hamilton. They also get offensive lineman Mark Dewit, a Calgary native who played his college football at the University of Calgary, and future considerations.

Officials with the Stampeders offered no comment on the trade and the Ticats did not immediately respond to questions from The Canadian Press. There was also no mention of the deal on Burris' website.

But Glenn tweeted on Sunday: "NEW & EXCITING THINGS IN MY FUTURE!! CAN'T WAIT (Bart Scott voice)."

The deal ends months of speculation regarding Burris' future in Calgary after losing his starting job to backup Drew Tate late last season. But it became crystal clear last week that the six-foot-two, 219-pound Burris' days in Alberta were numbered after the Stampeders signed Tate to a long-term contract extension.

The 36-year-old Burris, the CFL's outstanding player in 2010, was in his second stint with the Stampeders and spent a total of nine seasons there. He is Calgary's all-time leader in passing yards (32,171), touchdowns (233) and completions (2,167).

THE CANADIAN PRESS

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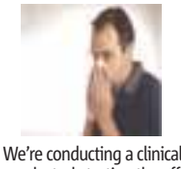

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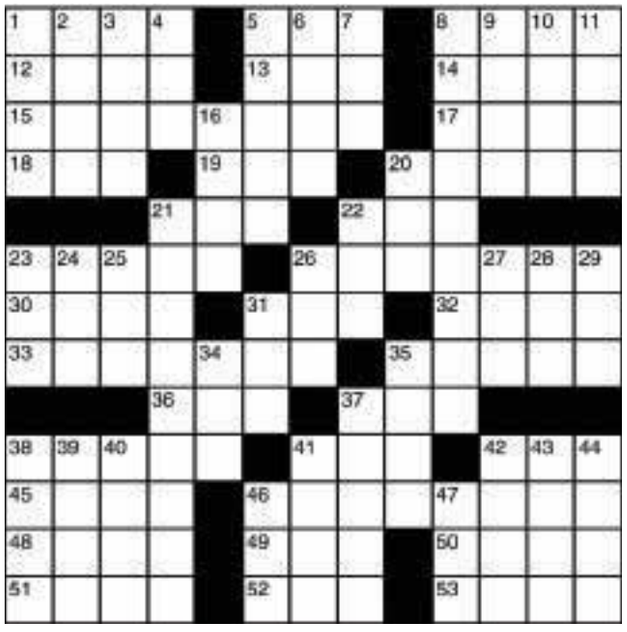
Crossword



Across

1 Level in a hierarchy
5 Lower limb
8 Tranquil
12 Burn soother
13 Hockey surface
14 Hodgepodge
15 Road on a cliff's face
17 Nevada city
18 Greek vowel
19 Carnival venue
20 Beginning
21 Private place to sleep?
22 Compete
23 Cookwear?
26 Guys
30 Back
31 Chicken —
32 Concept
33 Current generator for some engines
35 Confuse
36 A Gabor
37 Ph. bk. data
38 Wooden box
41 Ultra-modernist
42 Periodical, for short
45 Stereo setup
46 City in Ontario
48 "Oh, woe!"
49 Pt. of speech
50 Therefore
51 Impudent
52 Spelling contest
53 Physical

Down

1 Compete on a track
2 Greatly
3 Mrs. Nick Charles
4 Documentary film-maker Burns
5 Within the law
6 Reverberate
7 "Golly!"
8 Roddy McDowall's "Planet of the Apes" role
9 Brewery products
10 Queue
11 Academic
16 Press
20 Lubricate
21 Musician in the brass section
22 Irritate
23 Upper limb
24 Shell game item
25 Tatter
26 Egg — yung
27 Peculiar
28 Become one
29 Utter
31 Sch. org.
34 Previous night
35 Apollo's landing site
37 Chutzpah
38 Bloke
39 Anger
40 Somewhere out there
41 Protuberance
42 Fraternal surname of comedy
43 Plankton component
44 Snatch, with "onto"
46 Taxi
47 Teeny

Last crossword's answer

Sudoku

	9		6	1				
	3		9				7	5
		8	4			2		
						7	8	2
9				3				1
8	7	4						
		7			5	1		
3	5				4		2	
				2	6		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Last sudoku's answer

9	4	1	2	5	6	3	7	8
7	8	5	9	1	3	6	2	4
6	3	2	4	8	7	9	1	5
8	6	3	1	2	4	7	5	9
1	2	7	5	6	9	4	8	3
5	9	4	3	7	8	1	6	2
2	1	9	7	4	5	8	3	6
4	7	8	6	3	2	5	9	1
3	5	6	8	9	1	2	4	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Damsel in Distress were you my Princess I was writing to . from your Prince Charming? if so it was my pleasure. and you did make an impression on me thank you. I do hope our paths cross again
FROM YOUR HERO

hey
A long time ago was swimming in dizziness every time we touched. Kisses left me craving, phone calls left me expecting, texting left me wondering. Since then we changed for whatever reasons unknown and faded into yesterday. For a fleeting moment felt like I was in heaven! Ah, the hell with romance and true love. Its all lies. Just a fool who let self be fooled. Foolish
FROM ME

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It may seem to others as if nothing ever fazes you but in reality you are quite easily upset.

♉ Taurus April 21-May 21 You will splash out on something shiny that catches your eye today, but you may regret it tomorrow.

♊ Gemini May 22-June 21 Think before you act today because if you let your impulses get the better of you there is no telling where it might lead.

♋ Cancer June 22-July 22 It is possible to be too generous for your own good.

♌ Leo July 23-Aug.23 Don't let your personal feelings interfere with what you must do on the work front today.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of authority may be an idiot but they have got the power to make life difficult for you, so watch what you say.

♎ Libra Sept. 23-Oct. 23 A drama could so easily become a crisis.

♏ Scorpio Oct. 24-Nov. 22 A small change you make today could result in huge consequences further down the line.

♐ Sagittarius Nov. 23-Dec. 21 If your life seems complicated it is only because you are making it complicated.

♑ Capricorn Dec. 22-Jan. 20 Watch out you don't fall heavily for someone who is really not suitable for you at all.

♒ Aquarius Jan. 21-Feb. 18 You may be able to do a particular job better than anyone else but that does not mean you have to do it.

♓ Pisces Feb. 19-March 20. Don't let problems of a domestic nature get you down over the next 24 hours. Most likely by this time tomorrow they will no longer exist, so stay calm and keep smiling.

SALLY BROMPTON

Caption contest

PAT SULLIVAN/THE ASSOCIATED PRESS

"I was paintballing and this is how they got me." **ERNESTO GRAVERAN**

PAT SULLIVAN/THE ASSOCIATED PRESS

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